

ISDH Long Term Care
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**PUBLIC HEALTH IS
ROI**

Save Lives, Save Money
National Public Health Week
April 1-7, 2013 • www.nphw.org

National Public Health Week - Day 4

GOOD HEALTH ISN'T STATIONARY
Stay Healthy While on the Move

INDIANAPOLIS-This week is National Public Health Week, an annual observance that highlights the contributions of public health systems and aims to educate the nation about what public health is and does. Today's theme focuses on how public health efforts protect you while you're on the move.

"The increased use of seatbelts is a great example of a public health victory," said State Health Commissioner William VanNess, M.D. "For example, from 1981 to 2010, seatbelt use rose from 11 percent to about 85 percent and has saved thousands of lives.

Having a comprehensive trauma care system is another way lives are saved. The number one killer of Hoosiers under the age of 45 is traumatic injury. More than 32,000 Hoosiers are hospitalized each year from injuries, which is the fifth most common killer of Hoosiers of all ages. The Indiana State Department of Health's Trauma and Injury Prevention division is currently traveling around the state to

provide guidance and education to the emergency medical service community about the importance of data collection and other aspects of trauma care. To learn more, visit www.StateHealth.in.gov.

So, what can you do to protect yourself while on the move? Follow these safety tips:

- Don't text and drive. Not only is it illegal in Indiana, it can be deadly. Learn more at www.distraction.gov/.
- Always wear a helmet when on a motorcycle or bicycle.
- Be an alert pedestrian and be mindful at intersections.
- Find out the proper vehicle restraint systems for your child depending on his or her weight, height and age. For example, infants and toddlers through age 2 should be placed in rear-facing child safety seats, while children ages 2 to 4 should be placed in forward-facing child safety seats.
- Get involved with efforts to promote safe biking and walking to school. Learn about the Indiana Safe Routes to School Partnership at www.healthbydesignonline.org/INSRTS.html
- If possible, walk or bike to daily destinations, such as to work or the grocery store. Choosing biking or walking over driving is an easy way to incorporate physical activity into your life. States with the highest levels of biking and walking also have the lowest levels of chronic disease, such as high blood pressure, obesity and diabetes.
- Support complete streets policies. Complete streets are designed and operated to enable safe access for all users; pedestrians, bicyclists, motorists and public transportation users of all ages and abilities are able to safely move along and across a complete street.

Where complete streets are in place, alternative modes of transportation such as walking and biking are more attractive and safety is improved for all users. Being physically active promotes a healthy lifestyle and can decrease chronic diseases and obesity.

Health by Design is a coalition of partners throughout Indiana working to ensure that communities around the state have neighborhoods, public spaces and transportation infrastructure that promote physical activity and healthy living.

"Complete Streets policies are an excellent tool for improving transportation safety, accessibility and health for all Hoosiers, regardless of if they typically travel by foot, bike, bus or car," said Kim Irwin, who coordinates Health by Design. "We commend the 10 Indiana communities who have already adopted Complete Streets policies and are excited to be working with many other cities and towns who plan to do so in the year ahead."

To learn more about National Public Health Week, visit www.nphw.org.

For more information about Health by Design, visit www.healthbydesignonline.org/.

For more information about the Indiana State Department of Health, visit www.StateHealth.in.gov.

Nursing Home Survey Report for 2012

The Indiana State Department of Health (ISDH) periodically reviews survey data to evaluate health care quality and the performance of our programs. By looking at quality indicators, we can better allocate resources and time to areas of greatest need. The following are a few nursing home quality indicators and general data for 2012. Unless otherwise indicated, the data is based on the federal

fiscal year [October - September].

General Data

Number of Nursing Homes in Indiana on January 1, 2013

- 519 - Total
- 247 - SNF/NF Dual Certified
- 224 - SNF/NF Distinct Part
- 31 - SNF
- 16 - NF
- 1 - State licensed only

Quality of Care Data

Top Ten Cited Deficiencies on Standard Surveys

1. F441 Infection control
2. F323 Free of accidents
3. F282 Services by qualified person according to care
4. F371 Food sanitation
5. F309 Provide necessary care for highest practicable well being
6. F329 Drug regimen is free of unnecessary drugs
7. F279 Develop comprehensive care plans
8. F514 Clinical records meets standards
9. F226 Development and implementation of abuse prohibition policies
10. F157 Inform of accidents / significant changes

Average Number of Deficiencies Per Standard Nursing Home Survey

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>	
Indiana	6.0	6.7	7.1	7.1	
National	5.9	6.0	6.3	6.7	
Region V Rank	4th	2nd	3rd	3rd	[1st is highest number of deficiencies]

Deficiency Free Standard Surveys [calendar year]

	<u>2012</u>	<u>2011</u>	<u>2010</u>
Deficiency free surveys	39	42	60
Percent of surveys deficiency free	8.61	10.0	12.12

Percent of Facilities with a Scope and Severity of "J" or Higher per Standard Survey

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>	
Indiana	1.9	3.5	2.9	1.5	
National	2.1	2.3	2.6	2.1	
Region V Rank	4th	4th	5th	5th	[1st being highest percent]

Number of Immediate Jeopardy Citations

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	36	79	56	39

Number of Standard and Complaint Surveys Citing F221 Physical Restraints

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	28	38	62	79

Number of Standard and Complaint Surveys Citing F314 Pressure Ulcers

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	126	129	150	162

Number of Standard and Complaint Surveys Citing F329 Free from Unnecessary Drugs

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	139	109	128	142

Survey Process Data

Average Number of Total Survey Hours Per Standard Nursing Home Survey

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	153.4	136.0	129.1	127.8
National	167.6	162.2	160.8	158.2
Region V	6th	6th	6th	6th [1st is highest number of hours]

Average Number of Surveyors and On-site Hours per Standard Survey

	<u>2012</u>	<u>National</u>
Indiana Surveyors	3.7	4.2
Indiana On-site Hours	105.3	111.3

Number of Complaint Surveys

	<u>2012</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
Indiana	1436	1360	1434	1443